

## 12: dehydration

### suggested answers

- 1) You get dehydrated before you feel thirsty.
- 2) The more people doing things where the water has come from, the more likely it is that you can't safely drink it.
- 3) Boiling water for 10 minutes is an easy way to kill most bugs.
- 4) You can catch all kinds of things if you share drink bottles & tea towels.

### additional activities

- 1) Discuss the symptoms & treatment of diseases that are listed. (Many students will have direct or indirect experience of glandular fever aka "the kissing disease".)
- 2) Discuss the issue of being a carrier of a disease without realizing it.
- 3) Ask students to list other things the sharing of which could lead to salival contact (e.g. forks, spoons, mugs, plates, half-eaten food, straws, even kissing!)
- 4) Discuss the hygiene of sharing other objects (e.g. earplugs, hats).
- 5) Try out the practical exercises in **Footprints** worksheet # 83 "Outback survival."
- 6) Ask students to privately monitor the color of their pee a) during camp; &/or b) at other times. They should be able to self-assess their level of hydration/dehydration. (Bear in mind that people tend to wake up in the morning dehydrated.)
- 7) Investigate & trial various ways of purifying water.
- 8) Investigate the giardia & cryptosporidium outbreak in Sydney's water supply in 1998. (Google: cryptosporidium + Sydney + 1998, or view: [http://www.healthywater.com.au/water\\_facts/waterfacts10.cfm?cat=commercial](http://www.healthywater.com.au/water_facts/waterfacts10.cfm?cat=commercial)).